



### ***Real Talk from Paula***

Happy Tuesday, and welcome to a new month, a new week, and a new day.

If I'm honest, I'm tired. It's been a season of doing all the things — speaking, coaching, leading, teaching — and it's starting to show. I took a 15-minute nap this week, and it was exactly what my soul needed.

That tiny pause reminded me of something we all forget as leaders: **we can't lead well if we're running on empty.**

We just wrapped up our Emotional Intelligence series, and I hope that it helped you show up better — for yourself, your team, your family, and anyone you interact with. But as I told a group this week during a Leading with Heart workshop, showing up doesn't mean burning out.

### **Quick Reflection**

Awareness means little if it doesn't lead to action.

Social management is what happens after you recognize your emotions and the emotions of others—it's how you respond, guide, and lead in real time.

I've been working with a few clients lately who are realizing just how powerful this skill can be. Some are learning to navigate conflict without defensiveness, while others are finding new ways to motivate their teams by adjusting tone, timing, and approach. The shift has been remarkable.

Because when you manage relationships well, you don't just improve communication—you elevate trust, collaboration, and results.

## **Leadership Insight: The Art of Leading with Heart - Without Losing Yourself**

### **Visual Reminder**



Rest isn't a  
reward—it's a  
responsibility.

Paula R Jenkins

*Practice this - regularly!*

**Here are 3 Ways to Lead with Heart without Losing Yourself**

### 1. Recognize the Signs

Exhaustion, irritability, or that “just one more thing” mindset—those are warning lights, not badges of honor. Awareness is the first step to restoration.

### 2. Rest Before You Break

You don’t need permission to pause. Rest is productive. It’s the recharge that makes you sharper, kinder, and more creative.

### 3. Lead Yourself First

Before you manage others, manage your own energy. Protect your time, your peace, and your presence. Leadership isn’t just about output—it’s about stewardship of yourself.

#### Action Step for the Week:

Could you take 15 minutes for yourself? No agenda, no multitasking—rest, breathe, or do something that brings you joy. Then notice how you show up afterward.

#### What I’m Up To:

- I just wrapped a powerful Leading with Heart workshop where we talked about how to lead authentically without losing ourselves in the process.
- As we move into this intentional season of gratitude, I encourage you to slow down, give grace, and lead yourself with compassion first.
- If you haven’t yet scheduled time for reflection or coaching, this might be the perfect season to reconnect—with yourself and your goals.

#### Final Thought:

Take a moment and think about the last fun thing you did just for you.

I hope it was recent. I hope it was joyful. And I hope it reminded you that you deserve rest, too.

Let’s lead this month with intention, gratitude, and grace—starting with ourselves.

Reply and let me know if this resonated!

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With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

*"Everything Begins and Ends with Communication."*



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